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# This is not the Canada we want

PROTEST

## Activist: Shackling of British woman in Dartmouth hospital 'torture'



**Haley  
Ryan**  
Metro | Halifax

A Halifax activist is calling the shackling of an ill woman facing deportation not the "kind of Canada we expect to live in."

El Jones, activist and former Halifax poet laureate, is holding a rally Thursday to urge the provincial justice minister to intervene in the case of Fliss Cramman and have the 33-year-old unshackled while recovering from surgery in the Dartmouth General Hospital.

"We need to say what kind of Canada we expect to live in. Is that a Canada where we shackle ill women, or is that a Canada that actually respects human rights?" Jones said Wednesday. "We're not talking about a violent prisoner who's killed multiple people, and attacked guards, being transported. We're talking about a sick woman who has served her time."

Cramman came to Ontario from England when she was eight years old, and

only became aware she was not a citizen after a recent drug conviction. She served two-thirds of her sentence, but was detained in a Halifax jail by the Canada Border Services Agency after officials began looking into her citizenship this summer.

It was discovered the people who cared for her, after she was removed from her parents at age 11, failed to secure her Canadian citizenship.

She then suffered a perforated colon, and was rushed to the Dartmouth hospital for emergency surgery in August.

The Canada Border Services Agency wants to deport Cramman by Nov. 4, but after last week's deportation hearing with her doctor the Immigration and Refugee Board agreed Cramman would not travel for "at least a couple of months."

Cramman's case will go before the board again on Oct. 21, when it's expected a decision will be made about her possible release from the detention list.

The rally for Cramman will be held Thursday at 6 p.m. in the parking lot between the Dartmouth courthouse and hospital.



**Fliss Cramman**  
FACEBOOK



# A ROYAL AUDIENCE

Upcoming meeting with  
Duke and Duchess a chance  
for this Dal student to talk  
mental health stigma

metroNEWS

Dalhousie  
University  
undergrad  
**Jacob Halloran.**  
JEFF HARPER/METRO



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## 'A mother's worst nightmare'

### MURDER CASE

#### Family of Tylor McInnis speak as accused men appear in court



**Yvette d'Entremont**  
Metro | Halifax

Catherine Johnson said she's living every mother's worst nightmare.

Her son Tylor McInnis, 26, was found murdered on Aug. 23. His body was located inside a vehicle in a church cemetery in North Preston.

On Wednesday, five men were charged and made court appearances in connection with the killing.

Johnson was accompanied by a large group of family and friends who filled the Dartmouth provincial court room on Wednesday morning.

Many sported tee-shirts featuring a photo of McInnis under the words 'Rest in Paradise.'

"It's a mother's worst nightmare, having to bury your son before you," Johnson said in an interview during a court recess.

"If it was a sickness or illness you'd have time (to try and cope), but to have a violent murder and those people living their lives just as if nothing happened? Where's your conscience?"

Johnson smiled as she recalled her son's personality. She described him as loving, kind, respectful and funny with a frequent mischievous "Cheshire cat grin" that meant he was up



Catherine Johnson, centre, mother of murder victim Tylor McInnis waits to enter a Dartmouth provincial courtroom on Wednesday. JEFF HARPER/METRO

to something.

She said her son was an "old soul" who connected with people of all ages.

"I will be at every court appearance. Any time my son's name is mentioned in court, I will be there," she said.

"I brought him into this world and I never left the scene until

his body was taken. I told him he'll never be alone and I will be here. There will be days that are very hard, but I will still be here."

Johnson said her son's 27th birthday would have been Sept. 18.

They held a family barbecue on Sept. 17 and then a large group gathered at McInnis's fa-

vourite restaurant on Sept. 18 to celebrate his life.

"He was there with us. I have a picture to prove that he was with us at the dinner. I see him all the time in signs," his mother said, smiling fondly.

"Even though he's no longer with us, he'll always be with us," Johnson said being present at

### + THE ACCUSED

Four men charged in connection with the murder of Tylor McInnis will make their second court appearances on Nov. 2.

The men appeared in Dartmouth provincial court Wednesday morning. Their cases were moved to November for them to secure legal counsel.

Crown attorney Melanie Perry said the accused will all have to apply to the Nova Scotia Supreme Court should they want to request bail.

She said the Crown opposes their release for public safety reasons.

"(These are) extremely serious charges so we're at the point where we don't think that these people should be released into the community," Perry told media.

During a press conference on Wednesday, RCMP Insp. Trudy Bangloy couldn't disclose much about the ongoing investigation. She did confirm McInnis's death wasn't a random act and said police are still seeking information from the public.

"We continue to investigate all the other unsolved homicides in Halifax and we know there are people out there with information," Bangloy said.

"Anything that comes to us we will make sure we will investigate it thoroughly."

Shawntez Downey, 24, of North Preston is facing several charges, including first-degree murder, attempted murder and kidnapping.

Romeo Downey, 18, from North Preston is also charged with first-degree murder and kidnapping in addition to other charges.

Cole Harbour resident Nicco Smith, 25, is also facing several charges, including first-degree murder and unlawful confinement.

Judson Falls, 34, of North Preston is facing charges of accessory after the fact and unlawful confinement.

A 17-year-old male from Eastern Passage appeared in youth court Wednesday charged with accessory after the fact.

Wednesday's court appearance was bittersweet.

"It's not going to bring my son back, but at least justice is going to be done and I hope they get what they deserve," she said.

McInnis's grandmother Donna MacKay said they would always be grateful for the time spent with the grandson known

as "Slugger" for his love of baseball.

"We're going through a lot. I watched him be born and I didn't expect to watch him go away on me. I didn't like that part," MacKay said in an interview. "We've been hanging in there. There are good nights. And there are bad nights."

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Dalhousie University student **Jacob Halloran** at the school's campus on Wednesday. JEFF HARPER/METRO



**The Duke and Duchess of Cambridge** arrive for an event in Kelowna, B.C., Tuesday, Sept. 27, 2016.

JONATHAN HAYWARD/THE CANADIAN PRESS

# Shining light on mental health

## MENTAL ILLNESS

### Dalhousie student to meet royals Saturday



**Haley Ryan**  
Metro | Halifax

One Halifax university student is hoping a meeting with royalty can "turn some heads" towards ending mental health stigma.

Jacob Halloran, a medical sci-

ences undergrad at Dalhousie University, is one of 19 other Canadian students representing Jack.org who will meet William and Catherine, the Duke and Duchess of Cambridge, in Victoria this Saturday.

"I really don't think it will sink in until I'm landing in Victoria, honestly," the 19-year-old from Guysborough said Wednesday.

He wanted to get involved with Jack.org since the non-profit is the only national network of young leaders dedicated to ending the "stigma and silence around mental health and men-

tal illness," Halloran said.

Besides the students, Will and Kate will meet aboard a tall ship operated by the Sail and Life Training Society with co-founders Eric Windeler and Sandra Hanington, parents of Jack Windeler, whose death by suicide in his first year of university led to the creation of Jack.org.

Although he'd been involved with Jack.org for a little while, Halloran said it was only this summer he was chosen to be one of the students representing the organization at different events — but he never expected "something quite so big."

While he never imagined he'd get a chance to meet the famous couple, they have always seemed very "grounded" and Halloran said he's admired the amount of effort they put into their own causes and supporting charities around the world.

"I just think the chance to see them in person and see what they're like would be amazing," he said.

Since the team was told they would be meeting the royals and sharing the work they do, Halloran said it's been a lot of paperwork and organization.

"[For] clearance, the royals,

their people put us through the paces," Halloran said.

They even had a Jack.org training weekend scheduled for mid-September, then when they found out they would meet with royalty the weekend turned into "half training for the year, half training for Victoria."

Halloran said he thinks it's Jack.org's youth perspective that makes it unique enough to catch the royal's attention, which

brings the chance to "share in their spotlight a little bit."

The royals even have Heads Together, their own initiative in the UK, which brings together groups representing mental health perspectives like men, veterans, and youth.

"The fact that they're so passionate about the youth mental health cause themselves would hopefully turn some heads," Halloran said.



**This is ... something we should all feel comfortable talking about**

Jacob Halloran

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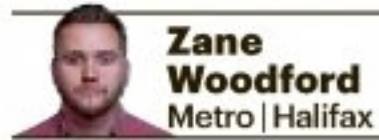
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# Talking food, walkability in District 11

## COMMUNITY

### Thrift shop manager looks at Spryfield's big issues



**Zane Woodford**  
Metro | Halifax

Kathy Broussard, the manager at Hand in Hand, a thrift shop in Spryfield, is all about building up the community in District 11.

"I think we're really working on the community aspects, because we've got a couple markets that have started up, which we didn't have before," Broussard said.

She's referring to the Spryfield and District Community Market and the Mobile Food Market.

The Spryfield and District Community Market is a not-for-profit founded to bring more local food to the area.



JEFF HARPER/METRO

The Mobile Food Market, spearheaded by regional council last year, brings a food market on wheels — in a Halifax Transit bus — to five other

areas in the municipality identified as being in need of healthier and more affordable food.

Both are open in the area

every two weeks, alternating weekends. Broussard thinks people would like if the markets were open more often.

"There's line-ups to get in.

It's very popular because the food is really reasonable," she said.

Broussard also thinks Herring Cove Road could use some better sidewalks, and more businesses where people can walk in and hang out for a coffee.

"I think the whole strip, if it was a little bit more walking friendly," she said.

The area's incumbent councillor, Steve Adams, just scored a victory at regional council in starting the process to create a wilderness park in the district on what's known as the Purcell's Cove Backlands, on Williams Lake, something he argued would "go down as one of the best decisions (council has) made with respect to green space."

Like most of the incumbents in the race this year, Adams won't be easy to beat. He has held the seat on council since 1991, winning seven elections. He won in 2012 against three challengers, with nearly 50 per cent of the vote.

## Meet the candidates



**Steve Adams**  
Facebook: Steve Adams (Re-elect)

### Dawn E. Penney



Facebook: vote-dawnpenney  
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## MAPPED | HALIFAX ELECTION DISTRICTS

### DISTRICT 11: SPRYFIELD - SAMBRO LOOP - PROSPECT ROAD



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## HEALTH CARE

## Doctor for every resident five years away, health chief says

Premier Stephen McNeil is refusing to let go of a key campaign promise to ensure every Nova Scotian has access to a family doctor, even though the CEO of Nova Scotia's health authority says it will likely take five years to make it happen.

The Liberal government will mark its third year in power in October and time appears to be running out on its commitment with about 10 per cent of the population or around 100,000 people still without a family doctor.

Nova Scotia Health Authority CEO Janet Knox told reporters Tuesday that while recruiting efforts continue to replace doctors



**There are so many cracks in the system right now.**

Tim Houston

who move or simply retire, the province is continuing to develop its collaborative care model.

Knox said by establishing multi-team practices in areas of the province where doctor shortages are most acute, the health system will ensure that people have access to a physician. "Our hope is that they (pa-

tients) will have access to a physician and a team," said Knox. "We will have a plan for how many new practices that we will add this year, next year and the year after."

Knox said the goal is to have the needed collaborative practices in place within the next five years.

Despite Knox's assertion, Premier Stephen McNeil refused to rule out keeping the campaign promise within his government's current mandate.

"Well, we'll see," McNeil said. "We're going to continue to strive to meet that commitment, of course we are... I have a fair bit of time left." THE CANADIAN PRESS

## Police warn of delivery email scam



**Yvette d'Entremont**  
Metro | Halifax

Police are warning the public about an email scam that has targeted at least one organization in Halifax.

Halifax Regional Police said they were contacted over an in-

cident that occurred on Tuesday.

A scammer sent an email that appeared to be from a courier company. The email advised that a delivery had been missed and directed the recipient to click an attachment to get a shipping label. Once the attachment was opened, the computer's files were encrypted and a message appeared stating the files would

be released if a ransom was paid.

No money was paid in this incident, but the computer had to be taken in for servicing.

Police remind people that if they receive an email about a delivery they weren't expecting, always contact the sender by phone or in person to confirm the email's legitimacy before opening any attachments.



From left, Karl Curtis, Nicole Foran and Jerry Spargo display the Medal of Bravery at Province House in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

## Nova Scotians' bravery honoured

## AWARDS

### Spargo saved neighbour; Foran took on hijacker

Three Nova Scotians were presented with provincial medals of bravery Wednesday, each of their stories described by the premier as a testament to selflessness, courage and sacrifice. During a ceremony at the legislature, Premier Stephen McNeil said they represented "the very best of what it means to be human."

Here's a close look at the two from the Halifax region.

## JERRY SPARGO, HALIFAX

When he saw the flames and smoke, 84-year-old Jerry Spargo thought it might have been the television.

Spargo had been heading outside to shovel his driveway on Jan. 13, 2016, when he saw some commotion in the living room of Mary Jayne Tilley's home across the street.

He paused a moment and realized it was a fire — and that Tilley had multiple sclerosis and was unable to walk.

Spargo told his wife, Irene, to call 911, and ran over.

"Thank God the front door was unlocked," he said after receiving a Medal of Bravery at a ceremony at Province House in Halifax on Wednesday.

She had been smoking, he said, and using a candle to mask the tobacco smell. The candle had tipped over, setting her clothes ablaze.

"She has MS quite bad, so it was a bit of miracle she was able to get her clothes off. She was

badly burned, and inhaling the black smoke, which was pretty toxic stuff," he said.

Spargo said he's not the emotional sort, but he had to ask himself whether he was really in a burning house or just in a dream.

"I'm 84, so I couldn't pick her up, so I reached down and grabbed her wrist and walked backwards out the front door, and set her down in the snow and ice."

Irene arrived with a parka, and someone else found a blanket.

Tilley spent weeks in a burn unit, and has since moved to a home outside the city. But she went to Halifax Wednesday to watch her longtime neighbour win honours for saving her life.

## NICOLE LOUISE FORAN, EASTERN PASSAGE

Nicole Foran doesn't really know what prompted her to grab the hijacker's gun, but the former CanJet flight attendant says she had enough of being trapped on a plane with a mad man.

It was early on April 20, 2009 — eight hours after 20-year-old Stephen Fray bolted past a security checkpoint and boarded the passenger jet in Montego Bay, Jamaica.

Once inside the aircraft, he started waving a pistol and making erratic demands.

En route from Halifax, CanJet Flight 918 was dropping off some passengers in Jamaica before heading to Cuba with 159 passengers.

Foran, then 26, recalls hearing a commotion at the front of the plane. And then a gunshot. Fray demanded all passengers and crew move to the front of the plane.

## + POSTHUMOUS

The other medal was awarded posthumously to **Michelle Curtis**, a Cape Breton woman who rescued three children from a powerful riptide in the Gulf of St. Lawrence, only to lose her own life.

Within 45 minutes, Foran and three other crew members persuaded Fray to release the passengers in exchange for everyone's valuables.

For the next eight hours, the hijacker's moods swung from content and talkative to furious rages, punctuated by angry demands that the plane be refuelled and flown elsewhere.

As the hostage-taking dragged on, Foran said she could see military personnel moving around the plane. Then Fray received a call asking him to determine if a fuel truck was still attached to the wing of the jet.

As she walked past Foran to look through a window, Jamaica's anti-terrorism tactical unit stormed the plane.

In the next instant, Foran could feel the hijacker's gun on her shoulder.

"I knew it was the perfect opportunity. He was stunned that there were so many military (personnel). So I took the opportunity and I took the gun out of his hand."

No one was injured as the soldiers moved in.

Asked what motivated her to take such a risk, she said: "I don't know how it happened. I don't know why I thought of it ... I just knew it was my time to do it." THE CANADIAN PRESS

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# This service dog has to go

MANITOBA

## Alzheimer's patient not allowed to keep helper in condo

The Manitoba Human Rights Commission is investigating a complaint about a woman with Alzheimer's being told by her condominium board that she

can no longer keep her specially trained dog.

Donna Davidson's son Murray says he trained the sheltie named Kaos to lead his mother to and from her husband's care home.

Murray Davidson says the dog has been registered with Service Dogs of Canada along with a doctor's note stating the necessity of his mother having the animal.

The condo board says they have a strict no-pets policy and don't believe Kaos is a legitimate

service dog.

Board chairman Bruce Macfarlane says if the dog met Assistance Dogs International's standards, it would welcome the animal.

The human rights commission says for an animal to be considered a service dog, it must be trained to assist a person with a disability, and the work performed by the dog must be directly related to its owner's physical or mental disability.

But they do not have to be accredited by any specific organization.

Commission executive director Isha Khan. "Some provinces have gone that route, but Manitoba has not."

Murray Davidson says the dog is crucial to his mother's safety.

"I just feel better knowing that if she's out anywhere, the dog knows how to get home, and she will always get home," he says.

THE CANADIAN PRESS



**Kaos** — a sheltie like this dog — is trained to lead Donna Davidson to and from her husband's care home. TORSTAR NEWS SERVICE



## EQUALITY YOUNG LEADING THE YOUNG

Actor and United Nations Women Goodwill Ambassador Emma Watson meets with Prime Minister Justin Trudeau in Ottawa on Wednesday to kick off the One Young World Summit. Watson congratulated Trudeau on his gender-equal cabinet.

ADRIAN WYLD/THE CANADIAN PRESS

## Syrian master tailor swift to oh-sew helpful action



**Rebecca Chiu**  
Metro | Toronto

Just four days after arriving in Canada, a Syrian refugee found himself saving the day for one Ontario bride.

Jo Du was getting ready for her wedding day in the city of Guelph when the zipper of her dress broke. Of course there was a tiny bit of panic, but photographer Lindsay Coulter says the

women were surprisingly calm.

Du and her now-husband Earl Lee had decided to rent a home to house their friends and family visiting from China, where the couple is originally from. No one knew what to do or where to go.

That's when Coulter sent a bridesmaid to a nearby neighbour to see if someone could supply pliers. But they did better.

"A very nicely dressed woman in a bridesmaid dress

came running up the street, asking for our help," David Hobson said.

Hobson had just welcomed a family of Syrian refugees from Turkey into his home and knew there was someone who could help. Ibrahim Halil Dudu happened to be a master tailor for the past 28 years in Syria. He arrived with a sewing kit in hand.

"I was so excited and so happy to help Canadian people like other people helped me," Halil Dudu said.

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# Clinton Berns bridge to youth

U.S. ELECTION

## Candidate joins Sanders to tout free-college plan to N.H. students

Appealing to elusive young voters, Hillary Clinton turned to former primary adversary Bernie Sanders on Wednesday to connect with millennials drawn to third-party candidates threatening to act as spoilers in the 2016 campaign.

"None of this will happen if you don't turn out and vote," Clinton said on stage at the University of New Hampshire while flanked by Sanders, who overwhelmed her in the state's first-in-the-nation primary nine months ago.

Both Clinton and Sanders touted a plan they developed at the end of the primaries to make college debt-free for millions of students from middle-class and low-income families. Amid signs promoting the proposal, Clinton promised to push the plan

through Congress if elected. The former opponents sat on stage for a panel discussion on ways to make college more affordable in the battleground state.

"I am here today to ask you not only to vote for Secretary Clinton but to work hard," said Sanders, who exchanged a brief hug with Clinton after she took the stage. "It is imperative that we elect Hillary Clinton as our next president."

Young voters were a key part of President Barack Obama's winning coalition, with two-thirds of voters under 30 backing him in 2008 and 60 per cent four years later, according to exit polls.

That same group fueled Sanders' insurgent bid, keeping him in the race until the final primary contest concluded in June.

But while millennials have recoiled from Donald Trump, they haven't flocked to Clinton, who's not only shy of Obama's mark but also well behind John Kerry's level of support with young voters when he lost in 2004.

THE ASSOCIATED PRESS



**It is imperative that we elect Hillary Clinton.**

Bernie Sanders



Hillary Clinton and Bernie Sanders campaign at the University Of New Hampshire on Wednesday. MATT ROURKE/THE ASSOCIATED PRESS

TERRORISM

## President Obama slapped with veto on Saudi 9/11 bill

In a resounding rebuke, Democrats joined with Republicans Wednesday to hand Barack Obama the first veto override of his presidency, voting overwhelmingly to allow families of Sept. 11 victims to sue Saudi Arabia in U.S. courts for its alleged backing of the attackers.

Both the House and Senate voted decisively to reverse Obama's decision to scuttle the legislation. Democrats in both chambers abandoned the president in large numbers despite warnings from Obama and top national security officials that flaws in the bill could put U.S. interests, troops, and intelligence personnel at risk.

The Senate vote was 97-1, with only Senate Minority Leader Harry Reid backing the president. The House vote a few hours later was 348-77, with 123 Democrats rebuffing the president and voting to override.

Obama said that overriding his veto was a mistake that may set a "dangerous precedent."

Lawmakers said their priority wasn't Saudi Arabia, but the 9/11 victims and their families who continue to demand



Barack Obama worries about a "dangerous precedent" after being handed his first veto override. THE ASSOCIATED PRESS

**97-1**

The Senate vote, with only Senate Minority Leader Harry Reid backing the president. The House vote a few hours later was 348-77.

justice 15 years after attackers killed nearly 3,000 people. Fifteen of the 19 Sept. 11 hijackers were Saudis.

"Overriding a presidential veto is something we don't

take lightly, but it was important in this case that the families of the victims of 9/11 be allowed to pursue justice, even if that pursuit causes some diplomatic discomforts," said Sen. Chuck Schumer, a chief sponsor of the bill.

On CNN, Obama said that a few lawmakers who backed the bill weren't aware of its potential impact. He didn't name them. "Frankly, I wish Congress here had done what's hard," he said. "It was, you know, basically a political vote." THE ASSOCIATED PRESS

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# BlackBerry devices are history

BlackBerry said Wednesday it is through making its own smartphones, announcing plans to outsource hardware design. Here's a look at some of the handsets that helped the Canadian company scale the mighty heights — until Apple launched the iPhone and the end was only a matter of time.

TORSTAR NEWS SERVICE

## RIM 850

BlackBerry's first device, launched in 1999, wasn't a phone, but rather a two-way interactive pager that could send messages and was one of the first devices that could connect people to their work email systems. It sold a million units in the first year.



**5000-6000 series**  
Launched in 2002, these were the company's first phone products. Email was still the selling point as some of the early version of this product required a headset to make calls, as there was no built-in speaker.



**BlackBerry Bold**  
The last of the truly beloved BlackBerry phones, it was launched in 2008. While the series featured other models (Storm, Tour and Torch), it was the Bold — particularly the 9900 — that diehard fans hung onto. Like, say, Kim Kardashian, who this year lamented the fact that she couldn't find a Bold on eBay.



**BlackBerry PlayBook**  
Launched in April 2011, this was the company's attempt to get into the tablet space. It was hobbled by a high price, a lack of intuitive controls and bizarre decisions like only allowing email to other BlackBerry phones.

**BlackBerry 10**  
The company took too long to release the BlackBerry 10 — 2013 — and let the competition dominate the market. It tried to go without a physical keyboard with the Z10, and then with the keyboard Q10.



## STATISTICS

## Woman still can't get on boards

The number of Canadian women serving on corporate boards has inched up a mere one percentage point in the year since securities regulators first began ordering companies to track and disclose women in their ranks.

Of 677 companies listed on the TSX and analyzed by provincial regulators, women made up 12 per cent of all board seats, up from 11 per cent a year ago.

Fifty-five per cent of the companies had at least one female director, up 6 per cent from last year.

But that means 45 per cent did not have a single woman.

And, of 521 board seats that became open this year, only 76 were filled by women.

"That means eighty-five per cent of the time the seat was filled by a man," said Ontario Securities Commission CEO Maureen Jensen during an address to the Toronto Region Board of Trade on Tuesday.

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## BOB HEPBURN ON KELLIE LEITCH'S VALUES TEST



### My full realization that Leitch is on a winning roll with her proposal and subsequent assaults on 'elites' came during a recent visit to England.

It's popular among many Canadians to dismiss Kellie Leitch's plan to screen potential immigrants for "anti-Canadian values" as a bad move on her part.

But that's a big mistake because, in fact, she's latched on to a strategy that could propel her to victory in the federal Conservative leadership race.

As objectionable as it may be, Leitch is clearly trolling for support among silent Conservative supporters uneasy with widespread immigration, a group that may be much larger than any pollster can measure, especially when it comes to Muslim immigrants.

At the same time, this well-heeled surgeon and federal MP has taken to attacking "self-hating Canadian elites" and "the media and glitterati" who condemn her immigrant screening proposals on such issues as tolerance towards other religions, cultures and sexual orientations.

But it's not just "elites" and "the media" who are dismayed by Leitch's plan. Many in her own party are opposed, as are tens of thousands of Canadians helping to sponsor Syrian refugees.

My full realization that Leitch is on a winning roll with her proposal and subsequent assaults on "elites" came during a visit last week to England, which is

still reeling in the wake of the Brexit referendum two months ago when voters stunned political pundits and betting shops by opting to leave the European Union.

In Oxford and Portsmouth, well-educated middle-income people, the type of voters I thought would see the advantages of being closely linked with other European nations, talked to me about

more."

Similar anti-immigrant sentiments are rampant across Europe and are altering the political landscape from Greece to Germany, France and on to the United Kingdom.

The same xenophobia is a driving force behind Donald Trump's campaign for the U.S. presidency, with his rallies fuelled by crowds roaring

ter Viktor Orban is stirring up anti-immigrant hatred by championing a referendum on Oct. 2 on whether to let the EU set quotas on how many refugees Hungary should accept. He has called immigrants "poison."

This is the ugly path that Leitch has decided to follow, one of divisiveness and fear.

But don't be fooled or cavalierly dismiss her plan as appealing only to a fringe group of Canadians.

The lone public poll on Leitch's proposal found 67 per cent of Canadians, including 87 per cent of Tory voters, like the idea of screening newcomers for "anti-Canadian values." The Forum Research poll for the Toronto Star also found 57 per cent of Liberals and 59 per cent of New Democrats like it.

What many of those surveyed may not have known, though, is that potential immigrants are already heavily screened, their backgrounds checked for security risks, criminal records and those with major health and financial problems.

Still, Leitch has guts and isn't afraid to play dirty.

This is why fair-minded Canadians, both inside and outside the Conservative party, need to act firmly. They must put forth a convincing counter-argument to Leitch's crass political pandering, explaining why such "tests" are unnecessary and indeed why they are "anti-Canadian."

For decades Canada has prided itself on being an inclusive society. If Leitch's strategy succeeds, our reputation as a tolerant society will be at risk.

For proof, just look at what's happening now in England, the U.S. and across Europe.



Conservative leadership candidate Kellie Leitch talks to reporters at a caucus retreat in Halifax on Sept. 14. THE CANADIAN PRESS

why they voted to leave the EU.

Their main reason? Too many immigrants in recent years from the continent, many of whom they felt didn't want to "be British," who didn't respect "British culture" and "British traditions" and who could be potential terrorists.

They also wanted to "send a message" to the political elite in London, who they felt ignored their concerns about immigrants working in jobs that once were filled by old-stock Brits.

An Oxford resident took me to a traditional English tea room staffed entirely with immigrants from eastern Europe. "You wouldn't see any immigrants working in such shops 20 years ago," he said, adding that "the place isn't the same any

their approval whenever he vows to build a towering wall along the Mexican border to stop illegal immigrants.

In Europe, countries such as Turkey, Romania and Bulgaria are fed up with other nations demanding they take in more refugees fleeing the conflict in Syria. Greeks are trying to prevent migrant children from attending schools with their sons and daughters and talk about "a different look" now in Greek schools.

In Germany, Chancellor Angela Merkel is under intense pressure to close the country's open-door policy. In recent weeks, political parties espousing get-tough policies toward immigrants have fared extremely well in local elections. It's the same in France.

In Hungary, Prime Minis-

## ROSEMARY WESTWOOD

### Clinton might be done in by the bias that dare not speak its name

The well-documented disparity between the volume of Donald Trump's and Hillary Clinton's media coverage has extended into the post-debate days, thanks in part to Trump's misogyny, or, sorry, his opinions about women.

The upside is that Rosie O'Donnell is witnessing a well-deserved resurgence unlikely to have occurred otherwise. The downside is the same as it's always been: The fact that criticisms of Trump read to many as compliments.

We may find this crazy-making, inconceivable, as bonkers as a budding friendship between Martha Stewart and Snoop Dogg.

But it's real.

And I do think we have to shoulder some blame. One of the cornerstones of the progressive, liberal mind is to observe injustice, name it, and seek to change it. In the process of doing so, we decided that some people are racist, and some people are not, that some are sexist, and others not. And that's where we may have gone wrong.

Most everyone will claim to be not — not sexist, not racist — and few will really wonder whether that's true.

But what if, to a degree, we are all biased in some ways? Wouldn't that mean that anyone claiming not to be sexist or racist is

lying to some degree? And then wouldn't we all have to wonder: To what degree am I?

This is a question wound up in the political-correctness debate, in systemic racism, in acceptance of Trump's birtherism, and in the person of Hillary Clinton — in all the ways that sexism, implicit and otherwise, has shaped her career, her campaign, and is right now shaping her shot at the presidency.

Psychologists believe that implicit biases are behind many of the more subtle and intractable discriminations people face on the basis of age, gender, race, disability or background.

This could be such helpful information for us all, if only we'd admit it.

It would attack the No. 1 reason why hate persists: We imagine ourselves as perfect. We imagine ourselves as right.

Clinton's capacity for logic, her appeal to equality, and her vision of America are no match for those who've already decided they disagree, and that their lives, desires, and opinions are beyond rebuke.

God knows who the swing voters are, but I do believe one thing: If it was the norm to recognize our own biases, the race would not be quite so close.

**Don't cavalierly dismiss Leitch's plan as appealing only to a fringe group of Canadians.**

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# Couples with reefer sadness

## RELATIONSHIPS

### Smoking up more than your partner causes problems

**Genna Buck**  
Metro Canada



With dispensaries popping up on every corner and a popular pro-legalization prime minister, some Canadians have a case of reefer madness.

But for couples learning their drug-use preferences are incompatible, the result can be reefer sadness instead.

Take Amanda and Jeff,\* a couple in their 30s from Belleville, Ont.

For the last few months Amanda, who suffers chronic pain due to a serious car accident years ago, has been using medical marijuana from a dispensary to help her sleep.

It works great. But she didn't anticipate the problems it would create.

Her partner, Jeff, has always smoked recreationally, but once the drug was around the house he became a "pothead" who uses up more than half of her allowance and gets agitated if it runs out, Amanda said.

She's tried to hide her stash, but it never works for long because he has a "nose like a bloodhound when it comes to marijuana."

Weed has been the cause of some knock-down-drag-out fights, including one that ended



It's a good idea to ask about a partner's pot-smoking habit early in the relationship, to confirm compatibility. ISTOCK

in Jeff storming out and spending the night in their RV.

"I love him. But if he pushes me hard enough, I'll be pushing him out that front door," she said.

How much marijuana people want to use is "always a compatibility criteria," in relationships, said Toronto matchmaker and columnist Sofi Papamarko.

Reportedly, Brad Pitt's pot habit was one of the factors that led Angelina Jolie to file for divorce.

In contrast to alcohol, studies have not linked marijuana to "substantial partner conflict" or domestic violence, said UBC

psychology professor Zach Walsh, who studies the effects of substance abuse on relationships.

But that doesn't mean reefer sadness isn't real.

"Like anything, whether it's online shopping or fantasy football, if it starts to become something you're over-focused with, that can hurt your relationship," Walsh said. "If cannabis leads you to be more likely to isolate (yourself) and zone out of interpersonal relationships, then it can be harmful."

Though it isn't as addictive as heroin or cocaine, marijuana de-

pendence is real — heavy users often get anxious when they're out of weed, and if they quit suddenly, can be sleepless, grouchy and nauseous for a few days, according to the Centre for Addiction and Mental Health.

Molly, 27, a grad student from Toronto, is all too familiar with the downside of marijuana dependence. Her boyfriend of four years, who smokes to manage severe anxiety, used to have meltdowns if he couldn't get in touch with his dealer.

Dispensaries solved his access issue. But Molly worries her partner being "stoned all the

time" is preventing him from reaching his full potential at school or work.

They used to live together, but she moved out, in part because he was "kind of living like a teenager" and his drug use was "disrupting" his ability to be a supportive partner.

"I have nothing against people who use substances, but if it starts to impact my relationship, that will be a deal-breaker," Molly said.

She wishes she asked more about his drug habits when they first started dating: "It's a lot harder to set boundaries after

you've been with the person for a long time."

Marijuana isn't automatically a recipe for love trouble.

Getting high together is a bonding experience for many couples, psychologist Zach Walsh said.

Simon, a Toronto chef, said if anything marijuana has enhanced his relationship with his girlfriend, and "everyone should try it," because it reduces stress and makes him more sensitive to others.

(That's somewhat accurate: In the right conditions, pot can make your senses sharper and put you in an agreeable, slightly euphoric mood, according to U of T pharmacy professor Harold Kalant).

But it can also be a source of conflict if philosophies about drug use clash, even when neither partner is a heavy or dependent user.

That's where 26-year-old Hilary from southern Ontario is at with her husband. She got her weed-smoking phase over with in her teen years, but he became an enthusiast in his late 20s.

It has caused conflict between them, though not "catastrophically."

"It makes him a different person. You're hanging out with someone who is being kind of a goofball, and it's not funny," Hilary said, adding she'd rather spend the money on something they could do together.

"And sexually sometimes it's weird," she said. "Having sex with someone who is high when you're not high is just bizarre." *\*Surnames have not been used to protect privacy*



Marni Jackson's debut collection of linked stories, *Don't I Know You?*, features fictional encounters with famous people like Adam Driver of *Girls* and the latest *Star Wars*. GETTY IMAGES

## BOOKS

### Celebs: Our own fictional characters

**Sue Carter**  
For Metro Canada



Toronto journalist Marni Jackson has spent a lot of time thinking about how celebrity culture is so deeply imbedded in our collective psyche.

Her debut collection of linked stories, *Don't I Know You?*, drops famous characters into the life of a woman named Rose McEwan.

The stories follow Rose from the age of 17, as a naive art student being innocently schooled

by author John Updike, to 67 years old, as she paddles away on a canoe trip with Leonard Cohen, Karl Ove Knausgaard and Taylor Swift.

Though the premise sounds like a groaner of a joke, Jackson wasn't satirical in her approach to the book. She says the biggest challenge in writing it was to make these people real, and credible as characters.

"I'm not dissing these celebrities. I'm celebrating their role in our lives because I am fascinated with why celebrities matter to us — and they do," she says. "We joke about it and deni-

grate it but they're up there in the top-10 newsfeeds. The stories are an attempt to explore how intimate our relationships are to these stars, who are strangers."

Jackson, who has written fiction in the past as a way of "playing hooky from journalism," didn't set out to write this concept in a book format.

The collection started casually enough about 12 years ago when she rented a cottage in Quebec with her son and husband. They listened to a lot of Bob Dylan during that vacation, so much so that Jackson says, "It feels like you're living

with him when you're marinating in the music."

The tambourine man inspired her first story, called *Bob Dylan Goes Tubing*, where the disoriented musician crashes a summer cottage vacation, with no intention of leaving.

After writing that story, others "just accumulated." There's a sage Joni Mitchell advising on relationships; a groggy tale of a boozy Keith Richards operating on Rose's liver; a friendly encounter with Meryl Streep at a Mexican spa. Even Adam Driver, of *Girls*, shows up to shovel some snow.



# Why Naya Rivera thinks timing is everything

## INTERVIEW

### Former Glee star opens up about youth

Naya Rivera writes about a number of personal subjects in her new book, *Sorry Not Sorry*, but says one of the hardest was the death of her Glee co-star Cory Monteith, who died of a drug overdose in 2013.

"The Cory chapter really choked me up. I had (co-star) Kevin (McHale) come over and help me edit," Rivera said in a recent interview.

For fans of Glee, which aired 2009-2015, *Sorry Not Sorry: Dreams, Mistakes, and Growing Up* is definitely worth a read to revisit the show's success from an insider's perspective.

Rivera, 29, shares how the cast dated, partied and basically had the ups and downs of twentysomethings together.

She also shares her story of starting in showbiz at a young age, relationship drama and finally getting it right with her now-husband, actor Ryan Dorsey.

Rivera talks about opening up, her love of writing, and reading to one-year-old son, Josey.

**When it was announced that you were writing a book, it was billed like you were going to "go there" and not hold back on things in your life. Is that what happened?**

It was my intention to not hold back, but the way that I

saw the media portray it was 'Oh, it's a slam book,' but that's not at all what it is.

#### What was your intention?

I talk about my passion for writing in the book. If I wasn't acting in some way, shape or form, I would be writing music, screenplays or books. I'm very bookish. I love reading.

#### Is there anything you wanted to clear up in the book?

A few years ago, it was a tumultuous year. (Rivera dated and quickly became engaged to rapper Big Sean. They broke up a few months later and took some of their disagreements public in social media and, for Big Sean, his music.) Those were things that I definitely wanted to be able to clear up on my own.

**You also write about how you dated your husband prior to Big Sean and got back together with him after that breakup and married a few months later. The media portrayed that as a rebound of sorts. Was it important for you to share your version of**



Naya Rivera is candid in *Sorry Not Sorry*. THE ASSOCIATED PRESS

#### events?

I consulted with my husband on it all along the way ... I was like, 'Listen, to me, this is something so funny that nobody knows our history. ... Do you mind if I include this in the book?' He was supportive.

**From Glee to reuniting with Dorsey, it seems like a big takeaway from your book is the importance of timing. Everything in life is timing. I've grown up in this industry and there were a lot of projects that I really wanted**

and I would cry over and not understand why I didn't get them; had I gotten any one of those projects I wouldn't have gotten and been on Glee.

That was a game changer in my life.

#### Since you're such an avid reader, do you like to read with your son?

He's a boy in every sense of the word, but I'll go, 'Do you want to read a book?' and he'll say, 'Yeah,' and he sits down and we'll read a book.

THE ASSOCIATED PRESS

## GRAPHIC NOVEL

### Nostalgia, imagined

**Mike Donachie**  
Metro | Canada

**Cheap Novelties: The Pleasures of Urban Decay**  
**BY: Ben Katchor**  
**PUBLISHER: Drawn and Quarterly**  
**\$26.95; 112 pages**

Witness the adventures of Julius Knipf: real estate photographer, and marvel at their banality.

This is nostalgia for something that never existed, or at least existed only in the minds of city dwellers with a tendency to be nostalgic.

Katchor's simple cartoons — collected here for their 25th anniversary — take us on a tour of scuffed streets just around the corner from where we used to live. On the way, there are all the little eccentricities of an old city: the unusually-flamboyant

signature of an elevator inspector, some unreadable lettering on a 20th-floor window, a deli where all its famous customers are dead.

It is wonderfully bonkers, and compelling.

All the time, we have Mr. Knipf's wry observations on city life; the way it is and the way it perhaps used to be.

Presented as dozens of little stories in a simple, black-and-white style (plus one longer-form story at the back), Katchor's work is unputdownable, clever, charming and hilarious.



## BOOK BRIEF

### Harrison Scott wins \$5,000 humour prize

Author Harrison Scott Key's comic memoir about growing up with a father of outsized presence has won the Thurber Prize for American Humor.

Key, contributing editor to Oxford American magazine, wins the Thurber Prize for The World's Largest Man.

He receives \$5,000 and a commemorative crystal plaque. THE ASSOCIATED PRESS

### Hilary Weston award finalists announced

All five 2016 Hilary Weston Writers' Trust Non-Fiction nominees come from Penguin Random House.

Finalists include Ian Brown, Deborah Campbell, Matti Friedman, Ross King and Sonja Larsen. Each will receive \$5,000 with the winner — announced at the Writers' Trust awards ceremony on Nov. 2 — receiving \$60,000. TORSTAR NEWS SERVICE

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Cleve's Source for Sports is marking down their huge inventory of sporting goods and loading it all into the Halifax Forum Multi-purpose Room for immediate sale. Sales Reps are slashing prices on their samples. **All to be sold off at up to 77% off!**

**Thursday Sept. 29: Noon - 9pm • Friday Sept. 30: 9am - 9pm**

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**CLEVE'S**  
**Source**  
**for sports.**





New designer Anthony Vaccarello's debut featured a check-list of YSL archive references, with iconic YSL pieces fused alongside the sex aesthetic. ALL PHOTOS: GETTY IMAGES

# YSL debut rehashes sultry signature

PARIS FASHION WEEK

## New designer Anthony Vaccarello plays it safe

A huge crane in the colours of the French flag hoisted up a giant neon YSL logo above a construction site in the French capital, literally setting expectations high for this year's YSL show at Paris Fashion Week.

The decor announced that the grand debut from Saint

Laurent's new designer Anthony Vaccarello on Tuesday night aimed to dramatically reconstruct the YSL esthetic following the departure of Hedi Slimane.

French singer Jane Birkin and her two actress daughters Charlotte Gainsbourg and Lou Doillon stared up expectantly alongside myriad iPhone-snapping fashionistas to marvel at the radiant 50-meter (164-foot) crane — a real machine being used to rebuild the house's Paris Left Bank headquarters.

"The derelict aspect sets a nice metaphor," said Gains-

bourg, speaking from the show's front row.

"Anthony has completely understood the house codes," Doillon said ahead of the show.

As the designer's revealing looks filed by, the metaphor of reconstruction and renewal of the Saint Laurent image was heard loud and clear but the high expectations set by the decor were dashed.

This "new" image was largely a rehash of the Glamazon, uber-sexy, ultra-mini styles that have come to be synonymous with the 34-year-old Italian-Belgian designer's own

brand and his work at Donatella Versace's flesh-baring Versus house.

To his credit, Vaccarello's debut featured a check-list of YSL archive references, with iconic YSL pieces fused alongside the sex aesthetic.

A sultry leather variation on the voluminous sleeves of the Flamenco Dress shimmered with cool '80s micro-mini.

Yves Saint Laurent's 1968 transparent looks, which once shocked the fashion establishment, made a comeback and Vaccarello gave a nod to the textured materials of the

“

**It was certainly not a groundbreaking collection, but many of the styles could prove highly appealing to the younger clients the house has courted in recent years**

famed 1976 Ballets Russes collection.

There was also, at times, a marked return to elegance, which had eluded his predecessor Slimane. Those touches turned up in revamped archive YSL tuxedos and lashings

of black.

It was certainly not a groundbreaking collection, but many of the styles could prove highly appealing to the younger clients the house has courted in recent years.

THE ASSOCIATED PRESS

## THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Panic! at the Disco  
**Bad Word**
- 5 Sia ft Kendrick Lamar  
**The Greatest**
- 4 DJ Snake ft Justin Bieber  
**Let Me Love You**
- 3 The Chainsmokers ft Halsey  
**Closer**
- 2 Kiiara  
**Gold**
- 1 Tove Lo  
**Cool Girl**



WEB SECURITY

## Schumer most dangerous celeb online

Amy Schumer is the most dangerous celebrity on the internet — and not just because of her no-holds-barred personality.

Intel Security announced Wednesday that the actress-comedian topped its 10th annual list of the most dangerous celebrities online.

A search for the Trainwreck and Inside Amy Schumer star carries over a 16 per cent chance of connecting with a site that carries viruses or malware.

Schumer was followed on

Intel's list by Justin Bieber, Carson Daly, Will Smith, Rihanna and Miley Cyrus.

Schumer wasn't the only funny person to make the cut.

Other comedians included Chris Hardwick (No. 7), Daniel Tosh (No. 8), Nikki Glaser (No. 15), Kevin Hart (No. 25), Mindy Kaling (No. 30) and Kristen Wig (No. 52).

The security organization Intel used its own site ratings to compile the celebrity list.

THE ASSOCIATED PRESS



A search for Amy Schumer carries over a 16 per cent chance of connecting with a site that carries viruses or malware.

GETTY IMAGES



BACHELORETTE CANADA

## The Chad to drop in on series After Show

Bachelorette supervillain alert: The Chad is coming to Canada.

W Network says Chad Johnson, who gained infamy on recent seasons of The Bachelor and Bachelor in Paradise, will be a guest on next week's edition of The Bachelorette Canada After Show.

Johnson, a luxury real estate agent from Oklahoma, was a contestant on Jojo Fletcher's season of The Bachelorette,



Chad Johnson HANDOUT

where he was known chiefly for working out and threatening physical violence against other contestants.

When we last saw him on Bachelor in Paradise Season 3, he was being kicked off the show for a drunken rampage that included calling an amputee a "one-armed b—."

We can only imagine what he'll have to say about Drew Classen, current Bachelorette Canada villain, who's been compared to Johnson for his macho behaviour and clashes with other contestants.

So far, the After Show has scored some good guests. On Monday, former U.S. Bachelorette Kaitlyn Bristowe joined the panel along with her fiancé Shawn Booth and Big Brother Canada host Arisa Cox.

Joining Johnson next week will be bridal expert Jessica Mulroney and comedian Debra DiGiovanni.

The show, hosted by Jennifer Valentyne, airs Tuesdays at 10:30 p.m., following episodes of The Bachelorette Canada, which airs at 9 p.m.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

## The 'not really beautiful' woman

**THE SHOW:** Easy, S1, E5 (Netflix)  
**THE MOMENT:** Jane Adams' signature line

Graphic novelist Jacob (Marc Maron, 53) spent the night with stunning selfie artist Allison (model Emily Ratajkowski, 25, star of the Blurred Lines video). "I'm not in love or anything," he ventures the next morning to his old friend, actress Annabelle (Jane Adams, 51).

"Can we talk about something else?" she asks.

Apparently not. "She likes that I do autobiographical work," Jacob says.

"She likes that you're famous," Annabelle says. "Go on."

"She likes that we're both autobiographical artists," he insists.

"How old is she?" Annabelle asks.

Jacob hesitates. "24," he says.

"Good for you," Annabelle says. "And really beautiful, right?"

"Your hair looks good," he says. They laugh.

Dear Jane Adams, I wonder how you feel about this moment. You've been called upon to play



Graphic novelist Jacob (Marc Maron, 53) talks to his friend actress Annabelle (Jane Adams, 51) about sleeping with a 24-year-old in Netflix's Easy. CONTRIBUTED

it before, in series (Hung) and movies (Little Children). It's the moment where you admit that the guy doesn't find you "really beautiful"; the moment that cues viewers to think, "If he had any soul, he'd see she's great."

But when you read yet another script that requires you to play this moment, do you

sigh? Do you think, "I'm a terrific actress, I shine onstage. If I were male, I'd be Philip Seymour Hoffman"?

Hollywood wants to appear self-aware in these scenes by acknowledging that "not really beautiful" women aren't the centre of love stories. Yet it never actually supports a love story

for you. Does that irony chafe? Are you committed to keep hammering at it, hoping to create change? Or are you just happy to work?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



SPONSORED CONTENT

HAPPY BABY EXPO

## New baby expo helps parents in Halifax

Halifax finally has its own expo for parents both expecting and new.

The Happy Baby Expo brings people with kids and grandkids together to celebrate their new arrivals and find the supplies and services they're looking for.

"It's an uncertain time, not knowing what to expect," says Hollie Quick, event organizer and mother of two. "I wanted to create an event where all of these new parents could come and be introduced to the products, services and programs that will help make their baby's first year a joyful one."

More than 50 vendors and exhibitors are scheduled to attend, including children's specialty stores Halikids and Branching Out Natural Parenting, plus healthcare professionals such as pediatric dentists, doulas, naturopaths and chiropractors.

Chat with music teachers who offer special programs for infants and toddlers, and discover the latest baby books at booths for Woozles Bookstore, Halifax Libraries and two local authors.

A full schedule of seminars is planned for the expo. Topics include infant sleep, nutrition and postpartum wellness.

"We will even have a talk on how to rekindle your relationship and your sex life after baby comes along. For something a little lighter, there



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will be a sneak peak at fall trends in maternity and nursing wear from Hazelnut & Rose Boutique," Quick says.

"We live in a day and age where so much information is available at our fingertips online, but I truly believe that nothing beats face-to-face contact with an expert."

The Happy Baby Expo will also shower guests with special offers, giveaways and great prizes throughout the day.

Visit happybabyexpo.com for more information and stop by the expo at the Dartmouth Sportsplex on Oct. 1.

Come and share the excitement!

Prizes, give-aways, seminars, Kindermusik sessions & over fifty local vendors. Goody bags for the first 200 families to arrive!

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A Celebration of Pregnancy, Infancy & Toddlerhood

Sat, October 1st, 10 a.m. - 5 p.m.  
Dartmouth Sportsplex

happybabyexpo.com



# Shed some light on the matter

## DIY Shade can be created with different materials

Add a little glow to your home with a pendant light made using objects you might find around the house.

The options are endless. Whether it's a bowl, Mason jar, vintage globe or an up-cycled lampshade, all that's required is the right tool for the job.

We figured a basket is an easy way to try your hand at lamp making; after all, it's a power-tool-free option.

It's also a great way to add texture and warmth to a room. But watch out: once you make one, you'll be looking for other things to stick a socket in.

**Step 1: Gather the supplies**

We used a plug-in cord set for this project. To hang the pendant, get creative and wind the cord loosely around a large hook, a wooden shelf bracket or drape it from a tree branch.

Be sure to use a low-watt bulb. Anything that gets too hot could be a hazard.

- You'll need:
- Basket
  - Cord set
  - Scissors
  - Paint
  - Pencil

**Step 2: Trace the hole**

Use a pencil to trace around the bottom of the socket.

**Step 3: Cut it out**

Use scissors or a utility knife to make a hole in the basket.

**Step 4: Paint**

Paint a stripe around the bottom of the basket. We painted free hand, following the weaving. Let paint dry.

**Step 5: Install cord set**

Ensure the bottom ring is removed from the cord set. Insert the socket into the hole. Turn the basket over and screw the ring on the socket, inside the basket. Install light bulb.

**Step 6: Enjoy!**

TORSTAR NEWS SERVICE



This DIY pendant lamp adds the perfect rustic touch to a room, while providing a soft glow. The basket also adds texture and interest. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE



Full contest rules at: [e100fm.com](http://e100fm.com)

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# How to still look cool, post-children

## DECOR

### Kids don't mean your house needs to be a playroom

For new parents, the urge to keep little ones entertained and enriched can often lead to a home so full of baby gear and toys that grown-up style all but disappears.

It doesn't have to be like that. Designer Theodore Leaf of Los Angeles says he works with many clients trying to keep their whole home from becoming a playroom.

"All my coolest friends have kids now. And there's just nobody giving up their cool card," said Leaf, host of Living Big Under 1,000 Sq. Ft. on Apple TV's new channel The Design Network.

For one thing, he says, "People are having kids older, so they have better stuff. The whole 'Oh, this sofa is a jungle gym now' thing has changed, because it's an \$8,000 sofa that they love."

How do you make a home both kid- and grownup-friendly? Leaf and two other interior designers, Mikel Welch and Nathan Turner, offer some ideas:

#### Hidden storage

All three designers recommend built-in shelving with closed cabinets at floor-level. Leaf suggests adding drawer pulls that are easy for little hands to grab, like a long bar that runs the length of the drawer.

"Kids open it, and know, 'It's for me,'" he said. And they learn that "that top shelf, with the cable box or whatever, 'That's not for me.'"

Instead of a traditional coffee table, consider an upholstered ottoman with space inside. The ottoman provides both storage and a soft surface for toddlers who are learning to walk. And it doesn't have to be boring; you can buy one that's the right size and have it reupholstered with a fun pattern.

Or, Leaf suggests, try using a vintage trunk as a coffee table. If you find one at a flea market but can't get the inside clean enough, just place a big plastic bin inside and store toys there. If you want to keep decorative items on top, situate them on a tray with handles so you lift it on and off easily.

One more hidden storage idea: Bench seating with space inside.

"I live in 800 square feet, so even hiding paper towels is an



Shelving with covered storage prevents a kid's space from looking too Romper Room. ISTOCK

issue for me," Leaf said. He's added banquette seating that flips up to reveal empty space.

"I could put a whole jungle gym in there," he said.

#### Grown-up items

If you're setting up a seating area for children to draw or do craft projects, resist the urge to buy

a table and chairs designed for a child. You can find smaller-scale furniture that suits your style, says Turner, host of the food and home design series "Snack Chat" on The Design Network.

Choose fabrics that are durable and forgiving with spills, he says. Many companies now make outdoor fabrics that are

soft to touch and perfect for indoors too.

Lighter colours — perhaps even white — can work if it's the right fabric, says the Chicago-based Welch, a former "HGTV Design Stars" competitor.

Along with more grown-up furniture, you can also add stylish toys. Leaf suggests searching

“

**People are having kids older, so they have better stuff.**

Theodore Leaf

flea markets or the web for antiques. One client of his found a chic, midcentury-style dollhouse that's become a focal point of their living room.

#### Cool kids' room

Welch recently designed a nursery that had chic, black-and-white stripes on the walls instead of baby pastels. "I didn't feel like the room needed to be really juvenile," he said.

"A lot of times people feel boxed in," he adds, but "you don't need basketballs on the walls" for boys or princesses for girls.

Turner agrees, and adds that babyish decor can be impractical.

"Children grow so quickly and their tastes change and they start wanting to have their own environment," he said. If you choose "very juvenile things ... you're going to have to do it all over again."

THE ASSOCIATED PRESS



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WILSONS HEATING

## Spreading the warmth for charity

It's amazing what can happen when you spread a little warmth in the community.

Volunteers at Wilsons Heating and Fuel are gearing up for another Spread the Warmth campaign this holiday season. On Nov. 29, the company will donate \$10 to charity for each hug their volunteers receive on the streets of downtown Halifax.

"We thought, what a great way to spread the warmth in a different way than heating your home," says Blake Smith, head of marketing. "It's not just how we treat our customers, but how we give back to the communities in which we serve."

Spread the Warmth takes place on Giving Tuesday, the day after Black Friday meant to emphasize the spirit of giving. On the day last year, Wilsons' volunteers dressed in three different coloured T-shirts to represent three charities they had chosen randomly: IWK Health Centre, Phoenix Youth Programs and United Way Halifax.

"If you walked up and hugged them, then we donated on your behalf to that charity," Smith explains. "On that day we got 1,110 hugs, which equals \$11,110 for three very special charities."

Smith says everyone at Wilsons is looking forward to doing it again this year.

Since its beginnings in 1909, Wilsons



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has always believed in spreading warmth throughout the communities they serve, and not just by heating homes. They contribute in a number of ways; in the past, they have also donated an events trailer complete with barbecue and propane to a non-profit group for their events.

"We want to create warmth in multiple ways and make Nova Scotia a warmer place to live," Smith says.

For more info, visit [spreadthewarmth.org](http://spreadthewarmth.org).

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**WILSONS** HOME HEATING

\*certain conditions apply



Gary Bettman says the World Cup of Hockey format will live on but the NHL and NHLPA have yet to decide when the next one will occur



## Breaking down Game 1

The Canadians edged Team Europe with a 3-1 win in the first match of the best-of-three World Cup of Hockey final. Here are five things to know from the victory:

### 1 Canada wasn't pleased

This was probably Canada's worst performance of the World Cup, an error-prone effort with little of the speed, precision or all-out control that defined earlier victories.

Shots were 32-31 for Canada at even-strength, a slight advantage over a vastly inferior opponent. Head coach Mike Babcock said afterward that Europe was the better team for long stretches of the game.

"They looked quicker probably than they were and we looked slower than we probably were," said Babcock.



### 3 Price at his best

Carey Price kept Canada in front during those early stumbles, stopping all 13 shots in the first period and 32 of 33 on the night.

Earlier in the tournament, his team kept the puck so often that high-quality chances against him were minimal.

Tuesday night, conversely, was close from start to finish. Europe made it 2-1 at the seven-minute mark of the

second, Tomas Tatar depositing a rebound on a Dennis Seidenberg shot that was initially deflected. Price made his biggest stop nine minutes later, turning aside Andrej Sekera on a short-handed breakaway.

"He's so strong on the puck," Marchand said. "I can't say enough good stuff about Sid, he's an incredible player."

Crosby leads the World Cup with nine points. He's followed by Marchand (seven) and Bergeron (six).



### 2 Uneven play

It was often Europe sustaining long stretches in the offensive zone early on. The Europeans managed 11 of the first 15 shots on goal. Of course it was Canada potting the first two goals, Brad Marchand finishing off a rush with

Patrice Bergeron and Steven Stamkos tapping in a pass from Ryan Getzlaf.

There was something off all night about the Canadians, though. They discussed their uneven performance among themselves between periods and after the game, professed to deliver something better on Thursday.



### 4 The Crosby line stayed hot

Babcock thought the line had seen better nights. But the unit of Marchand, Bergeron and Sidney Crosby still produced a pair of goals, both initiated by the Canadian captain.

### 5 Europe's best shot

The Europeans surprised all in making the final. Their responsible, disciplined play under former Oilers head coach Ralph Krueger was again evident against Canada. They managed to do what no team had done previously at this tournament — keep Canada pinned in its own zone for frequent spells while limiting its chances at the other end.

"It's certainly disappointing right now," said European captain Anze Kopitar, "but at the same time this probably would be our best game so far in this tournament."

THE CANADIAN PRESS  
PHOTOS BY GETTY IMAGES

NHL

## Smashing debut for Leafs' Matthews

It didn't take long for Auston Matthews to make an impact, quite literally, at the Toronto Maple Leafs' training camp.

The prized first overall selection of the Maple Leafs skated with his new teammates for the first time on Wednesday morning after a six-day break following the World Cup of Hockey.

Following the formal portion of practice, Matthews was shooting pucks with teammates when he shattered a pane of glass.

"It was a terrible shot too," Matthews said. "It wasn't even hard, just happened to hit the right spot I guess and shattered the whole thing. We were just messing around. It was me (Mitch) Marner, (Andrew)

Nielsen, the last guys on the ice, we were just taking shots and (I) missed the net, broke the glass."

The Maple Leafs first-round pick was asked whether he'd have to pay for the repairs.

"Yeah probably. Lou (Lamoriello) won't be too happy," he joked.

The 19-year-old, who coach Mike Babcock said will start the season as the Leafs' third-line centre, skated on a line with James van Riemsdyk and Leo Komarov. He also saw power play time alongside Milan Michalek and Dymtro Timashov. THE CANADIAN PRESS



Auston Matthews  
GETTY IMAGES

### IN BRIEF

#### Tebow tees off in debut

Tim Tebow made a powerful first impression for the New York Mets.

The former NFL quarterback homered on the first pitch he saw Wednesday in his instructional league debut, against the St. Louis Cardinals. THE ASSOCIATED PRESS

#### Ticats Austin fined \$10K

Kent Austin won't be on the sidelines this weekend when the Hamilton Tiger-Cats host the CFL's top team.

CFL commissioner Jeffrey Orridge fined Austin \$10,000 on Wednesday and banished him to the spotter's booth Saturday when Hamilton (6-7) takes on the Calgary Stampeders (11-1-1) for making contact with an official last weekend. THE CANADIAN PRESS

#### NFL given diversity grade

The NFL received a A grade for its racial hiring practices and a C+ for its gender hiring efforts in 2016, according to a diversity report released Wednesday. THE ASSOCIATED PRESS

#### 'Best player in the NFL' Watt placed on Texans' IR

J.J. Watt is out until at least December and could miss the rest of the season with an injured back, leaving the Texans searching for ways to deal with the loss of the NFL's best defensive player.

Watt was placed on injured reserve on Wednesday and will be out a minimum of eight weeks.

"You can never replace the best player in the NFL," coach Bill O'Brien said.

THE ASSOCIATED PRESS

MLB

## Cano helps keep Seattle's push alive

Robinson Cano continued his dominance against the Houston Astros on Wednesday to keep Seattle's playoff hopes alive.

Cano hit a three-run homer in the first inning, and the Mariners kept pressure on the other AL wild-card contenders with a 12-4 win over the Astros.

Kyle Seager added another three-run drive in the eighth, his 30th home run this season, as Seattle pulled within 1-1/2 games of Baltimore for the second AL wild card. Houston dropped three games back as its magic number for elimination was cut to two. The Orioles were at Toronto on Wednesday night.

"If you want to help your starter, you've got to start early and also put pressure on the other team," Cano said. "That's what



Robinson Cano  
GETTY IMAGES

we did today."

Cano's career-best 36th home run, a drive off Doug Fister (12-13), landed in the first row of the Crawford Boxes in left field. Cano has nine homers and 25 RBIs in 19 games against Houston this season.

THE ASSOCIATED PRESS



# RECIPE Sweet Potato and Apple Soup



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Soup season starts now and we couldn't be happier. This one is a fall classic.

## Ready in 50 minutes

Prep time: 10 minutes  
Cook time: 45 minutes  
Serves 4

## Ingredients

- 1 large sweet potato, peeled and cut into 1-inch cubes
- 2 Tbsp olive oil, divided
- pinch salt
- 1 clove garlic, minced
- 1 carrot, diced
- 1 yellow onion, diced
- 3 cups chicken stock
- 2 apples, diced
- 1/2 tsp cinnamon
- pinch nutmeg
- pinch ginger

• 1/2 cup coconut milk

## Directions

1. Preheat oven to 400.
2. In a large bowl, toss sweet potato with 1 tablespoon of the olive oil and salt. Spread on a greased baking sheet and roast 20 minutes until tender.
3. In a large pot over medium heat, add remaining olive oil, garlic, carrot and onion. Cook, stirring until vegetables are tender, 10 minutes. Stir in stock and add sweet potato, apple and spices and cover. Simmer for about 15 minutes.
4. Remove from heat and using an immersion blender or blender, purée until smooth. Add more stock to adjust the consistency of the soup.
5. Return soup to low heat, stir in milk and allow to simmer another 5 minutes then season to taste.

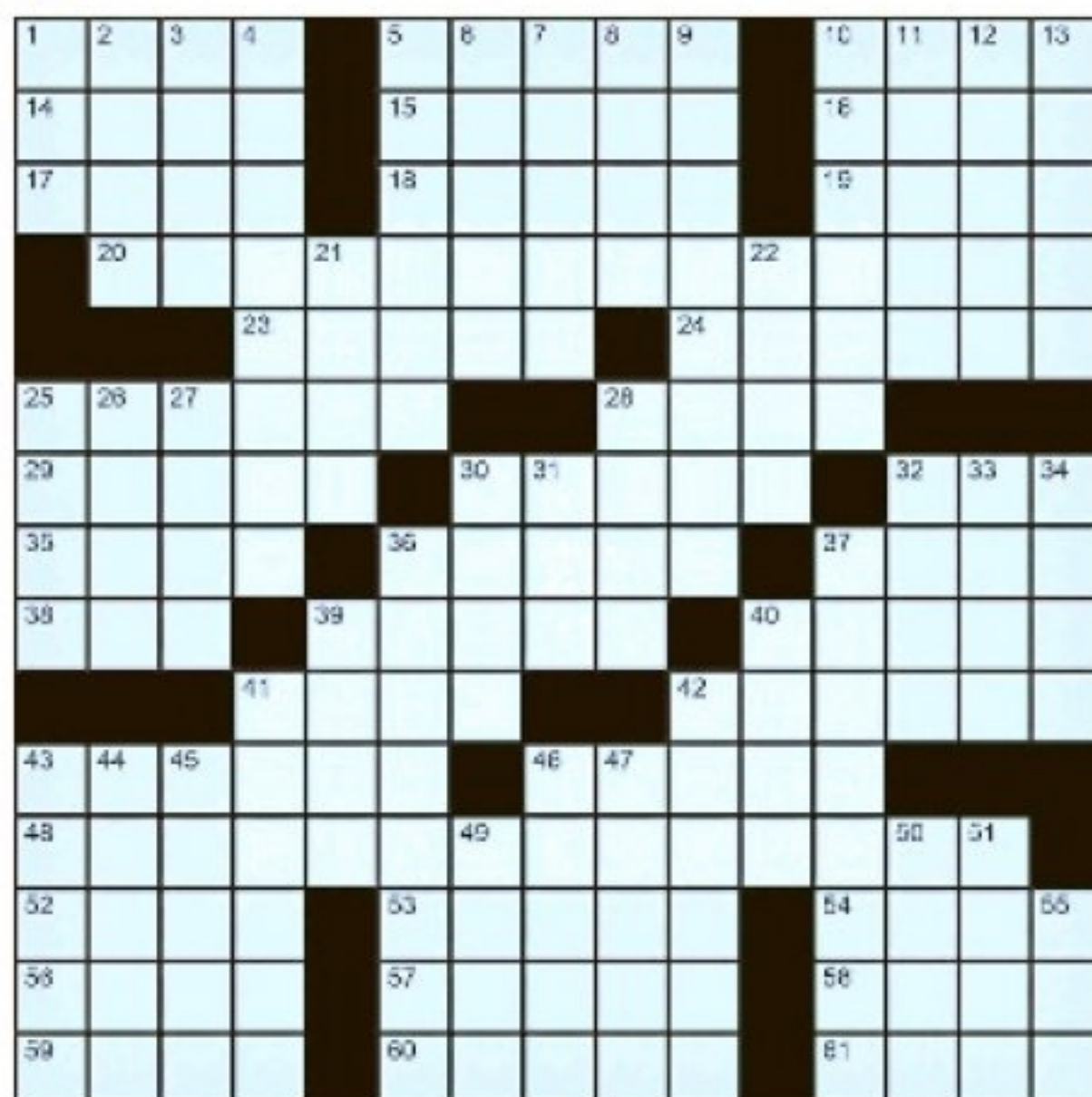
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. New newts
5. Lively dance
10. 251 in ancient Rome
14. Coalition
15. "All systems \_\_\_" (All set!)
16. Sir Guinness
17. \_\_\_ fide
18. Road trip layover
19. "Slithy" Lewis Carroll creature
20. 1951 World War II-set movie starring Wendell Corey, with The, directed by Toronto-born director Allan Dwan ...who also directed the movie at #48-Across: 3 wds.
23. Stacks
24. Semblances
25. Field
28. Business firm abbr.
29. Wavy silk fabric
30. Film critic Jeffrey
32. "Most Wanted" org.
35. Alberta town
36. Wedding cake layers
37. Hospital wing
38. "Sheesh!"
39. Crowded
40. Allegiant
41. Modern-day message
42. CFL player's numbered top
43. "What \_\_\_ to say was..."
46. Spy's old-time garment
48. Shirley Temple musical comedy of 1938, "Rebecca of \_\_\_"



\_\_\_ (Trivial Canadian actress Mary Pickford starred in the 1917 silent movie version)  
52. Scottish tennis player Mr. Murray  
53. Unusual  
54. Bone to pick  
56. Classical solo tune

57. Aquatic mammal
58. Highway division
59. Camping beds
60. Emperors like Genghis
61. Additional

## DOWN

1. Dwindle
2. Move like a river
3. Ms. Collette
4. Outside-the-venue ticket touts
5. Play casino games
6. Try out for \_\_\_ (Do this as an auditioner)

7. "\_\_\_ pray..." ...said the sermon-giver
8. Arch type
9. Triangles and squares, for example
10. Feline's treat
11. Lummoxes
12. Flood-preventing formation

13. Freezers
21. Grim
22. Not theirs
25. City's air problem
26. Flag flyer
27. Cover
28. Centre
30. Laundry fuzz
31. Aye
32. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
33. Hillside
34. In an overly-casual fashion
36. Standard, as a case
37. Feasible
39. Say it isn't so
40. Dining room table lengthener
41. Country legend Ms. Tucker, and namesakes
42. Wisecrackers
43. Violinist Mr. Stern
44. Nobel-winning Canadian author Alice
45. Finish the love affair: 2 wds.
46. Terra \_\_\_
47. Actress Sophia
49. Baseball legend Babe
50. Existent
51. Clothing department
55. Price

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Remember that you need more rest in the next few weeks. Interactions with partners and close friends also are more important.

**Taurus** April 21 - May 21  
Do whatever you can to feel that you are more efficient and on top of your game, as this will please you. This even applies to your health.

**Gemini** May 22 - June 21  
Grab every chance to slip away on a vacation or to enjoy sports and playful activities with children. This is a fun time for your sign. Romance looks promising!

**Cancer** June 22 - July 23  
For the next few weeks, your focus is on home, family and your private life. You also will enjoy co-cooning at home among familiar surroundings. Interactions with a parent will be significant.

**Leo** July 24 - Aug. 23  
Accept your busy pace of short trips and visits, because this will continue for several weeks. Discussions with siblings, neighbors and relatives are significant.

**Virgo** Aug. 24 - Sept. 23  
Because you sense that you can earn more money, your focus right now turns to earnings and cash flow. Think about what it is that you truly value and want.

**Libra** Sept. 24 - Oct. 23  
This is a strong, energetic time for you because the Sun is in your sign. Since people and favorable circumstances easily will come your way, take advantage of this!

**Scorpio** Oct. 24 - Nov. 22  
Continue to work alone or behind the scenes, for best results. Start to get your ducks in a row for when the Sun enters your sign and you are strong!

**Sagittarius** Nov. 23 - Dec. 21  
Socialize extensively now, because the focus is on groups and friends this month. Examine the role these relationships play in your life, because they are important to you.

**Capricorn** Dec. 22 - Jan. 20  
It's easy for you to make a great impression on bosses, VIPs and parents right now. You have an advantage — make your pitch and go after what you want!

**Aquarius** Jan. 21 - Feb. 19  
Travel will appeal to you now and in the next few weeks. Grab any opportunity to learn more and expand your experience of life.

**Pisces** Feb. 20 - March 20  
Tie up loose details regarding inheritances, shared property, taxes and debt, because this will be easy for you now. Look for ways to be the best that you can be.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		5		1		3	
6	7	5		2		9	8	1
7								8
	9			7			1	
2								4
4	5	9		8		3	7	2
	1		7		4		6	

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

9	6	7	8	4	1	3	2	5
8	5	2	3	7	6	1	4	9
4	3	1	9	5	2	7	8	6
5	2	4	1	9	7	6	3	8
3	7	8	2	6	5	4	9	1
6	1	9	4	8	3	5	7	2
2	4	6	7	1	8	9	5	3
7	8	5	6	3	9	2	1	4
1	9	3	5	2	4	8	6	7



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